

June 2011 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 8:30-4</i>	<i>Tuesdays 8:30-4</i>	<i>Wednesdays 8:30-4</i>	<i>Thursdays 8:30-4</i>	<i>Fridays - Closed</i>
May 30 Closed Enjoy the holiday	May 31 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	1 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	2 Center is Closed Trip to Catoctin Creek Nature Park	3 Center is Closed 1:00 *Y Fitness Club
6 10:00 Knitting Group 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	7 11:00 Exercise to Video 11:30 Sequence 1:00 Energy Audits 1:00 Knitting Group 1:30 Rummikub	8 9:30 Men's Discussion Group 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	9 11:00 Exercise to Video 11:30 Sequence 1:00 Brain Aerobics 1:30 Cards/Games	10 Center is Closed 1:00 *Y Fitness Club
13 10:00 Knitting Group 10:00 Blood Pressure 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	14 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	15 10:00 Bridge 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar/Nurse Steve 1:00 Wii Bowling 1:00 *Y Fitness Club 5:00 *"Will my money last..." at Frederick Senior Center	16 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	17 Center is Closed 1:00 *Y Fitness Club
20 10:00 Knitting Group 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	21 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	22 9:30 Men's Discussion Group 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	23 10:00 *AARP Driver Safety 11:00 Exercise to Video 11:30 Sequence 1:00 Bingo 1:30 Cards/Games	24 Center is Closed 1:00 *Y Fitness Club
27 10:00 Knitting Group 10:00 Blood Pressure 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	28 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	29 Center is Closed Trip to Toby's Dinner Theatre	30 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	